



## The Complete Book of Oriental Yoga Hatha and Taoist Yoga For The Seasons

By Michael Hetherington

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 228 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Those who flow as life flows, know they need no other force. Lao Tzu Oriental Yoga is a fusion of traditional Indian Hatha yoga with Chinese medicine and Taoist cosmology. The aim of applying this knowledge is, like all yogas and spiritual paths, is to help the practitioner align with the natural cosmic forces of the universe. When one aligns with these natural forces the path becomes more harmonious, more easeful and more joyful, for these are the innate qualities of the universal Way. This book explores the 5 element system and provides insight into all the associated organs and meridians. Also detailed are a variety of practices and yoga asanas to help the practitioner align with each of the seasons. This book is not just about explaining a variety of yoga postures, it explores a complete system of yoga. In this book you will learn: - About the 5 elements and how to adjust to them to bring more balance to ones life - Signs and symptoms of the Elements in balance - Signs and symptoms of the Elements...

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